

World TB Day 2010

TB Elimination: Together We Can!

*World TB Day is an annual event that happens each year to commemorate the date, March 24, 1882 when Dr. Robert Koch introduced the discovery of *Mycobacterium tuberculosis*, the bacterium that causes tuberculosis.*

*What can you do to help eliminate TB in your community?**

Local Health Departments have the responsibility for case management of persons with TB, LTBI, or suspicion of these conditions by providing complete and adequate treatment of all TB patients, isolation of infectious individuals, and identification and treatment of recently infected individuals through complete and timely contact investigation.

Indiana State Department of Health is responsible for oversight of TB control activities in the state of Indiana, technical assistance to LHDs and physicians, evaluation of local TB control programs and policy development related to TB control.

Private Medical Providers that are the patient's primary care physician performs the medical management of TB according to current American Thoracic Society (ATS) and CDC standards. Diagnostic work-up, prescribing of medication, and monitoring for side effects and clinical response are among the responsibilities of the physician.

Things to Remember about TB

There is a **distinction** between **active tuberculosis (TB) disease** and **latent tuberculosis infection (LTBI)**. **LTBI** means the bacteria that causes **TB is present in the body** but it is **dormant**; one's immune system is able to fight off the disease, and prevent it from becoming active. **Active TB disease** means one's immune system is **unable to prevent the bacteria from multiplying** resulting in **progression from TB infection to TB disease which may be transmitted to others**.

High Risk groups for TB fall into two categories*

Category 1: Individuals who have been affected recently with TB

- Close contacts with someone who has transmissible TB
- People from high-prevalence countries
- Children less than five years of age with a positive TB test.
- Groups of people that are known to have high rates of TB i.e. injection drug users, people with HIV infection, and homeless persons
- Residents and employees of high-risk settings i.e. correctional facility, nursing home, and hospital

Category 2: Individuals with medical conditions that weaken their immune system.

- Persons with the HIV infection
- Substance abuse
- Specialized treatment for rheumatoid arthritis or Crohn's disease
- Silicosis
- Diabetes mellitus
- Severe kidney disease
- Low body weight
- Organ transplants
- Cancer of the head and neck
- Medical treatments i.e. corticosteroids or organ transplant

Quick Fact: In Indiana, homeless persons (a high risk group) increased their percentage of total TB cases from 7% in 2008 to 13% in 2009.³ This increase shows why prevention of TB in high risk groups is important!

References: ¹World Health Organization. (2009). *Tuberculosis facts 2009 update*. Retrieved March 16, 2009, from http://www.who.int/tb/publications/2009/tbfactsheet_2009update_one_page.pdf

²Centers for Disease Control and Prevention. (2009). *MMWR weekly: Trends in Tuberculosis – United States, 2008*. Retrieved March 16, 2009, from <http://www.cdc.gov/mmwr/PDF/wk/mm5810.pdf>

³Indiana State Department of Health. (2009). *Indiana Tuberculosis Annual Summary 2009 (preliminary)*.

Additional Resources: World Health Organization www.who.int/tb/en American Thoracic Society www.thoracic.org/

*Indiana State Department of Health www.TB.In.gov *Centers for Disease Control and Prevention www.cdc.gov/tb/